

### **Artichoke Heart Pesto**

- 1 12 oz can artichoke hearts, drained
- 1/4 c grated Pecorino-Reggiano cheese
- 1/3 c parsley leaves
- 2 T olive oil
- 1 small garlic clove
- sea salt and freshly ground black pepper

Blend all ingredients in a food processor and add salt and pepper to taste. Serve on pasta, toast or crackers. Garnish with hemp seeds. No nuts were included, but walnuts or precious pine nuts could be good.

**Jittery Cook**